# LifeTrak Core C200

Goal Status Bar

**2:40**
THU 35P
10-18-12
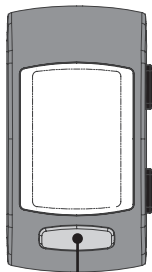
Time/Date

Activity type: distance | calories | steps

1459

Activity value

## Quick Start Guide

**TO TURN YOUR C200 ON:** press & hold any button until the screen turns on.

**MODE**
Press to change modes:

**Time ▶ Hourly ▶ Weekly ▶ Workout**

**LIGHT**
Press together for light or **MODE + VIEW**

**START/STOP**
Press to start/stop in Workout mode

**VIEW**
Press to view: distance ▶ calories ▶ steps

Press & hold to read your heart rate ♥

❶

## GOAL SETUP



① In Time, hold **MODE** for 3 sec

② Select **GOAL**

SETTING
-GOAL
-TIME
-ADV

SELECT

step
▼
distance
▼
calorie

## INSIDE SETTING MODE

edit/increase value

edit/decrease value

go to next setting
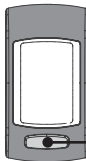
❷

**TIME SETUP**

① In Time, hold **MODE** for 3 sec

*P indicates PM

② Select **TIME**

SETTING
-GOAL
-TIME
-ADV

SELECT

seconds
▼
minute
▼
hour
▼
year
▼
month
▼
day
▼
month-day format
▼
12/24 hr format

**INSIDE SETTING MODE**

• edit/increase value

• edit/decrease value

• go to next setting

❸

**ADVANCED SETUP**

① In Time, hold **MODE** for 3 sec

2:40
THU 35F
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② Select **ADV**

SETTING
-GOAL
-TIME
-ADV

SELECT

gender
▼
birthday (year)
▼
birthday (month)
▼
birthday (day)
▼
unit format
▼
weight
▼
height
▼
step sensitivity level

**INSIDE SETTING MODE**

edit/increase value

edit/decrease value

go to next setting

❹

**HEART RATE**

Taking your heart rate will help to calculate your **calories more accurately**.

1. Put your C200 snugly around your wrist.
2. Place your finger on **VIEW**.
3. Gently press and hold for 3-8 seconds until your heart rate appears.
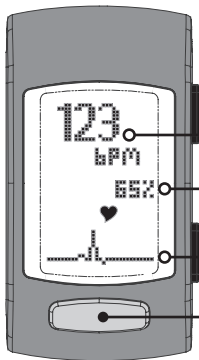
123 bPM — Heart Rate (beats per minute)

65% — % of Maximum Heart Rate

♥ — Pulse Indicator

**VIEW**
Press & hold to read your heart rate

**HOURLY DISPLAY**
Shows your progress throughout the day with a 24-hour chart.

HOURLY

🔥
1459

From Time,
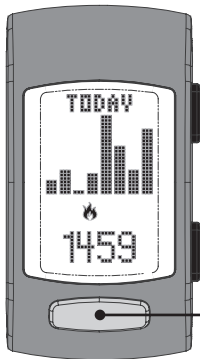press **MODE** until you reach
Hourly Display

**VIEW**
Press to view:

distance, calories, steps

**WEEKLY DISPLAY**

Shows your results for the past 7 days.

TODAY

1459

From Time,
press **MODE** until you reach Weekly
Display ("Today" will be displayed)

**START/STOP**

Press to browse through the past 7
days

**VIEW**
Press to view:

distance, calories, steps

**WORKOUT MODE**

Workout Mode records data from an individual workout.

WORKOUT

197 CAL

🔥

1:00:00

From Time,
press **MODE** until you reach Workout Mode

**START/STOP**
Press to start/stop recording your workout

Hold to reset data (Workout mode must be stopped)

**VIEW**
Press to view:

distance, calories, steps

❽

**ALL-DAY CALORIE**

Your C200 allows for a more comprehensive calorie count by factoring in calories burned simply through living, in addition to any exercise/activity. This is a great tool to compare against your daily calorie intake!

Your C200 will also provide a more accurate calorie count by calculating in your heart rate readings. So remember to get your heart rate throughout the day and more frequently during your exercise.

**HELPFUL HINTS:**

**ALL-DAY CALORIE**

1. Your body is always burning calories, even when sleeping or not in motion. Our All-Day Calorie meter accounts for these calories burned.

2. You will see calories burned even during periods of non-activity.

**AUTO CALIBRATED DISTANCE**

For a more accurate distance, your C200 adjusts your stride length based on how fast you are walking or running.

**HELPFUL HINTS:**

**STEP COUNT**

If you are having difficulty acquiring your steps, try the following:

1. Take 30 - 40 steps before checking your step count.

2. If your steps are being over or undercounted, try adjusting the sensitivity level (in Advanced Setup).

**Step count is determined by actual steps. Arm motion can affect this count.**

**ADJUSTING YOUR BAND**

The bands of your C200 are reversible and replaceable. They easily slide off and can be reinserted.

Please see the Information Guide for full details.

**NOTE: The Clasp on the short band (top band) can be rotated for a more refined fit.**